

epicurious.com

CHICKEN CURRY WITH CASHEWS

In this recipe adapted from Charmaine Solomon's *Complete Asian Cookbook*, ground cashews thicken the curry and give it a rich, nutty flavor. Both roasted and raw cashews work well, so use whichever you prefer.

1/2 stick (1/4 cup) unsalted butter
2 medium onions, finely chopped (2 cups)
2 large garlic cloves, finely chopped
1 tablespoon finely chopped peeled fresh ginger
3 tablespoons curry powder
2 teaspoons salt
1 teaspoon ground cumin
1/2 teaspoon cayenne
1 (3 1/2- to 4-lb) chicken, cut into 10 serving pieces
1 (14.5-oz) can diced tomatoes
1/4 cup chopped fresh cilantro
3/4 cup cashews (1/4 lb)
3/4 cup plain whole-milk yogurt

Accompaniment: cooked basmati or jasmine rice

Garnish: chopped fresh cilantro

Heat butter in a 5- to 6-quart wide heavy pot over moderately low heat until foam subsides, then cook onions, garlic, and ginger, stirring, until softened, about 5 minutes. Add curry powder, salt, cumin, and cayenne and cook, stirring, 2 minutes. Add chicken and cook, stirring to coat, 3 minutes. Add tomatoes, including juice, and cilantro and bring to a simmer, then cover and simmer gently, stirring occasionally, until chicken is cooked through, about 40 minutes. (If making ahead, see cooks' note, below.)

Just before serving:

Pulse cashews in a food processor or electric coffee/spice grinder until very finely ground, then add to curry along with yogurt and simmer gently, uncovered, stirring, until sauce is thickened, about 5 minutes.

Cooks' note:

Curry, without yogurt and cashews, can be made 5 days ahead and cooled completely, uncovered, then chilled, covered. Reheat over low heat before stirring in yogurt and ground cashews.

Makes 4 to 6 servings.

Gourmet

January 2005

Epicurious.com © CondéNet, Inc. All rights reserved.

1 teaspoon Garam Masala (see below)
 2 tablespoons grated fresh ginger

Garam Masala (finely ground):
 4 whole cloves
 8 whole black peppercorns
 seeds of 1 black cardamom pod
 pinch of ground cinnamon
 pinch of ground nutmeg

Palak Paneer Recipe

Combine the basic soaked masala ingredients and let stand for 5 minutes; stir into a thin paste and set aside.

In a wok, heat the ghee over medium heat.

Add the **paneer** cubes and lightly fry until brown on all sides.

Remove and drain in a colander. In the same wok, reserve 1 tablespoon of the ghee used for frying and warm over medium heat.

Add the onion and sauté until the ghee surfaces.

Stir in soaked masala and simmer until the ghee surfaces again.

Mix in spinach and salt, cover, and simmer over low heat for 8 minutes.

Add the potato and cook for 10 minutes.

Mix in the fried **paneer** and stir well.

Gradually add the water or whey and 1 teaspoon of the garam masala.

Cook slowly until potato is soft, about 30 to 40 minutes.

Remove from the heat and add the grated ginger.

techniques – massage therap
 baby - beauty - more massag

Ayurveda home remedie

What is Ayurveda ? - sleep
 headaches - constipation - co
 stomach - healing stones &
 birthstones - more...

Indian music & mantra:

Mantras - sounds of the chak
 - morning and evening
 meditation - more...

Seminars & teachers

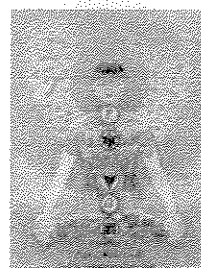
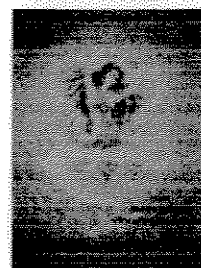
Harish Johari - Pieter
 Weltevrede - John Marchant
 indian cooking - ayurvedic
 massage - Yoga Utrecht -
 more...

India travels & festivals:

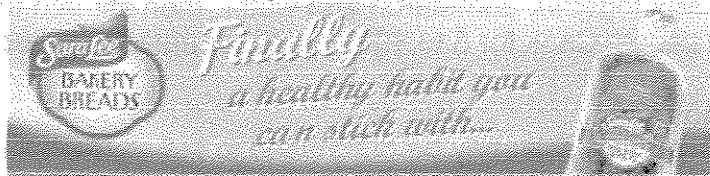
Kumbh Mela Nashik 2003-200
 Hardwar - Ganges - more..



"Why Vegetarianism ?"
 Teaching Poster



Use your browser's "print" button to print out this recipe in a full page format. Use your browser's "back" button to return...



3 1/2 cups
1 1/2 cups
1 1/2 cups
1 1/2 cups
1 1/2 cups

Makhani Chicken (Indian Butter Chicken)

This fragrant, spicy Indian butter chicken recipe is from the source of the best Indian recipes on the web.

- 1 3/4 pounds skinless, boneless chicken breast halves - cubed
- 1 tablespoon lemon juice
- 1 tablespoon chili powder
- salt to taste
- 1 cup yogurt
- salt to taste
- 2 tablespoons garlic paste
- 1/2 tablespoon garam masala
- 2 tablespoons melted butter
- 1 tablespoon chili powder
- 2 tablespoons ginger garlic paste
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1 tablespoon garam masala
- 1 tablespoon ginger paste
- 1 tablespoon chopped garlic
- 1 tablespoon chopped green chile pepper
- 2 cups tomato puree
- 1 tablespoon chili powder
- salt to taste
- 1 cup water
- 1 tablespoon honey
- 1/2 teaspoon dried fenugreek leaves
- 1 cup heavy cream

Directions

- 1 To Marinate: Place chicken in a nonporous glass dish or bowl with lemon juice, 1 tablespoon chili powder and salt. Toss to coat; cover dish and refrigerate to marinate for 1 hour.
- 2 Drain yogurt in a cloth for 15 to 20 minutes. Place in a medium bowl; mix in salt, garlic paste, garam masala, butter, chili powder, ginger paste, lemon juice and oil. Pour yogurt mixture over chicken, replace cover and refrigerate to marinate for another 3 to 4 hours.
- 3 Preheat oven to 400 degrees F (200 degrees C).
- 4 Place chicken on skewers. Place skewers in a 9x13 inch baking dish and bake in preheated oven for 20 minutes, or until almost cooked through.
- 5 To Make Sauce: Melt butter in a medium saucepan over

ALL RIGHTS RESERVED Copyright © 2005 www.allrecipes.com

See page 2 of other Chicken Makhani recipe

3 Mix together cornstarch and water, then stir into the sauce. Cook for 5 to 10 minutes, or until thickened.

Note:

Garam masala may be purchased in Indian markets and in the gourmet section of some supermarkets.

Easy Lentil Curry

1 or 2 onions, chopped
3 or 4 garlic cloves, minced
2 to 3 tablespoons butter or olive oil
2 to 3 tablespoons cumin (ground or whole, crushed)
2 to 3 tablespoons coriander (ground or whole, crushed)
½ teaspoons cayenne pepper (to taste)
1.5 to 2 cups lentils
1 to 2 vegetable or chicken bouillon cubes
½ cup water
1 to 2 cups plain yogurt

1. Cook the lentils (easy cook variety) until tender, about 15-20 minutes. Drain the water.
2. At the same time, melt the butter in the pan and cook the onions and garlic.
3. Add the spices. It may be necessary to add some more butter/oil. Cook until tender (about 3-5 minutes).
4. Add the lentils, the bouillon cubes and some water. Stir together and let simmer for about 15-20 minutes. Add more water if necessary.
5. Add the yogurt and stir together. Cook for another 5-10 minutes depending upon the texture and creaminess that you want.
6. Note, the more the curry simmers, the more the taste sets in.

Eat with rice or Indian bread (naan).

INDIAN TROPICAL SHRIMP

Saute:

- clove garlic
- 2 tbl onion
- chunk of ginger / galanga

10 ~ shrimp

3 parts curry powder

1 part garam masala

pinch or two of cayenne

... leave a sauce

Lentils and Rice with Fried Onions (Mujadarrah)

INGREDIENTS:

- 6 tablespoons olive oil
- 1 large white onion, sliced into rings
- 1 1/3 cups uncooked green lentils
- 3/4 cup uncooked long-grain white rice
- salt and pepper to taste
- 1/4 cup plain yogurt (optional)

DIRECTIONS:

- 1.** Heat the olive oil in a large skillet over medium heat. Stir in the onions, and cook about 10 minutes, until browned. Remove from heat, and set aside.
- 2.** Place lentils in a medium saucepan with enough lightly salted water to cover. Bring to a boil, reduce heat, and simmer about 15 minutes.
- 3.** Stir rice and enough water to cover into the saucepan with the lentils. Season with salt and pepper. Cover saucepan, and continue to simmer 15 to 20 minutes, until rice and lentils are tender.
- 4.** Mix half the onions into the lentil mixture. Top with sour cream and remaining onions to serve.

Advertise on this Website





● Like the new look? Let us know

Home About Us Search Contact Us Awards



Indian Cuisine & Culture Made Easy in the United States

Saturday, June 1st, 2002

<i>Advertise</i>
Channels
Indian Cuisine Made EZ
Indian Herbs, Spices and Ingredients... Tamarind Asefoetida Ghee Saffron Cumin
Glossary of Indian Food Terms Do you know what they mean?  Kachumber Biryani Naan Kheer
Indian Kitchenware  Masala Dabba Tava Belan Kadhai
Food Measurements and Conversions oz ? cups ? tsp ? grams ? 
Indian Tea  Chai
Indian Recipe Box
Non-Vegetarian Cuisine

NAAN

Indian Flat Bread

Naan, is a white flour Indian flat bread. It is one of the most loved Indian breads. A trip to an Indian restaurant usually involves the ordering of some kind of Naan. It is traditionally made in a brick and clay tandoor oven.



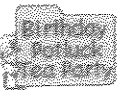






Traditionally served as an accompaniment with an Indian curry, Naan can also be used to wrap seasoned grilled meats, seafood, or vegetables. A naan should be served hot and eaten immediately or else it tends to get chewy. Here is an easy Naan recipe.

- 4 cups All purpose flour
- 1 teaspoon Baking powder
- 1/4th teaspoon Baking soda
- 1 teaspoon of Salt
- 1 Egg, beaten
- 6 Tablespoons plain Yogurt (room temperature)
- 3 Tablespoons Butter or ghee, melted
- About 1 Cup of luke warm milk
- 1 Tablespoon poppy seeds

Sift flour, baking powder, baking soda and salt together in a bowl.

Stir in the beaten egg, yogurt and 2 tablespoons of the butter or ghee. Gradually stir in enough milk to make a soft dough. Knead well. Cover with a damp cloth and place in a warm place for 2 hours.

Preheat oven to 400 degrees F. Knead dough on a floured surface for 2 or 3 minutes until smooth. Divide into 8 pieces.

<p>Kebabs</p>  <p>Tandoori Vindaloo</p>
<p>Vegetarian Cuisine</p>  <p>Makhani daal Biryani Korma</p>
<p>Having a Party ? Party Menus</p>  <p>more...</p>
<p>Fun Cocktails</p> 
<p>Cooking Tips & Tricks</p>  <p>Tips & Tricks</p>
<p>Managing time when cooking Indian food</p>  <p>Planning & Cooking Indian meals</p>
<p>Cooking With Your Kids</p>  <p>Look mom, I made it !</p>
<p>Have a Question?</p>  <p>Talk to us Live via HumanClick</p>
 <p>Click to subscribe to our open discussion about "Indian Cuisine and Culture"</p>
<p>Cooking Links</p>
<p>International Cooking Links</p>
<p>Indian Cooking Links</p>
<p>Add A Link</p>
<p>Top</p>

Roll each piece into a ball then into ovals about 6 to 8 inches long. Grease a baking sheet with oil. Brush both the sides of the rolled out Naan with oil. Sprinkle one side with poppy seeds. Place it (poppy seed side up) on the baking sheet.

Bake for 6 to 10 minutes until puffy and lightly golden brown. The bread puffs slightly, lightly browns on the sides.

Enjoy it hotplain or with your favorite Indian curry.

[Back to Indian Recipe Box](#)

[Guest Book](#) [Contact Us](#)

Mustard seeds (black)
Salt (Kano salt)
in oil

- set aside -

Fry: red onions
peppers (hot red & green chilies)
radishes

coriander
tomatoes
tamarind juice (so it doesn't stick)

mushrooms

lentils (orange lentils)
more tamarind juice

salt.

put in bowl w/ cilantro on the
bottom!

Thair Sadam - Yogurt Rice

Julia Cluett

Recipe Summary
Preparation Time: N/A
Cooking Time: N/A
Servings: 4

This relates to my values because...

Continuous learning is a core value of mine and guides most of my personal and professional endeavors. What does this mean to me? Seeking out new experiences, indulging my intellectual curiosity, and cultivating self-knowledge and awareness.

After college, I decided to move to South India to pursue a passion for Indian music. While I was there, I also became a devoted apprentice of traditional Tamil cuisine. This dish, „Thair Sadam“ or Yogurt Rice, is a local staple, especially when the weather heats up.

There's a well-known saying about Chennai (formerly Madras), India: „It has 3 seasons – hot, hotter, hottest“. I came to love and depend on this cooling, simple, uniquely flavored dish during my 3 year stay as it is fast and easy to prepare and keep well in the fridge for a day or two.

Ingredients

2 cups jasmine rice
3 1/2 cups cold water
1 1/2 tsp vegetable oil
1 tsp black mustard seeds
1 tbsp fresh ginger, minced
1 green jalapeno or serrano chili, chopped
2-3 small red chilis
1/2 tsp salt
2 tbsp cilantro leaves, rinsed, coarsely chopped
2 cups plain yogurt
about 40 roasted cashew nuts, halved

Instructions

Cook 2 cups jasmine rice. [In a saucepan filled with 3.5 cups of cold water, add 2 cups rice, cover, bring to a simmer, then reduce to low heat and cook till water is evaporated.]

In a wok, or wok-shaped dish, heat 1.5 tsps vegetable oil on med-high heat.

Once the oil is hot, drop in 2-3 black mustard seeds to test the oil temperature. They should pop within 2 seconds. If not, continue to heat oil and test again with 2-3 seeds. If they do pop, add 1 tspn black mustard seeds and let them pop (about 5-10 seconds). A wonderful nutty aroma should release. [Should they burn, start over -do not continue.]

After the seeds have popped, add 1 tbspn minced, fresh ginger and stir.

Add 1 whole chopped green jalapeno or serrano chili, and/or 2-3 small red chilis.

Remove from heat and add the cooked rice. Toss the rice with the seeds, chilis, and ginger, adding ½ tsp salt. Add 2 tablespoons cilantro leaves – rinsed, and coarsely chopped.

Add 2 cups plain yogurt to the rice mixture. Stir aggressively (almost beating it) with a wooden spoon.

Serve in a large bowl, garnished with cilantro leaves on top and about 40 roasted cashew halves.



PAV BHAJI

- 4-5 garlic cloves
- 5 small onions
- 8 sm-med tomatoes
- 2 tblsp. masala
- 1 sm. tsp. - cumin
- Salt to taste
- 1st cup peas
- 8 small potatoes

Recipe: Shallow fry 2 tsp garlic paste, 2 chopped onions, 1-2 tbsp oil till soft. Add 2 chopped tomatoes, 1 tbsp Everest Pav Bhaij Masala, Everest Chili powder and salt. Roast. Add 500 gms boiled vegetables like potatoes, green peas, cauliflower, capsicum. Cook and mash for 2 to 3 mins. Add a blob of butter, sprinkle chopped coriander leaves. Serve with hot buttered pav (bread) and chopped raw onions sprinkled with lemon.

Ingredients
Coriander, Chilli, Cumin, Black Pepper, Dry Mango, Cassia, Clove, Turmeric, Dry Ginger, Anisat, Fennel Seed, Black Cardamom, Triphala, Cassia Leaf and Common Salt.

PAV BHAIJ MASALA

Pav Bhaij Masala: Exclusif for Bombay Pav Bhai. Boil 200g. potatoes. Pav & dice. Also boil 150g. dressed vegetables like carrots, cauliflower, etc. In a deep pan fry 100g. finely chopped red onions in 50g. butter & oil. Add coarsely chopped 100g. tomatoes, salt, 15g. Pav Bhaij masala. Transfer the boiled vegetables, ½ cup water and on high heat mix & fry for 10 minutes. Then apply butter on bread slices or slit baps, roast & serve together.

Ingredients: Coriander, Chillies, Cumin, Dry Mango, Cardamom, Black Pepper, Salt, White, Cloves, Cinnamon, Dry Ginger, Fennel Seeds, Cassia, Caraway, Nutmeg, Mace, Bishop's weed.

Use your browser's "print" button to print out this recipe in a full page format. Use your browser's "back" button to return...



SPLENDA® No Calorie Sweetener

Made from sugar, so it tastes like sugar.
Granular measures cup for cup like sugar.
May be used by people with diabetes.
Safe for children.

Visit www.splenda.com for recipes through your holiday baking season.

Curried Vegetables

Vegetables in a spicy sauce. So tasty you'll never miss the meat! Prep Time: approx. 20 Minutes. Cook Time: approx. 45 Minutes. Ready in: approx. 1 Hour 5 Minutes. Makes 6 servings.

Printed from **Allrecipes**, Submitted by **Colleen Campo**

- | | |
|---------------------------------------|--------------------------------|
| 3 tablespoons olive oil | 4 Yukon Gold potatoes, cubed |
| 1 tablespoon curry powder | 3 tomatoes, diced |
| 1/2 teaspoon cumin seeds | 1/2 teaspoon salt |
| 1 eggplant, cubed | 1/2 teaspoon chili powder |
| 3 jalapeno peppers, seeded and minced | 1/2 teaspoon ground turmeric |
| | 1/4 cup chopped fresh cilantro |

Directions

- 1 In a Dutch oven or large pot over medium heat, heat oil with curry powder and cumin until aromatic. Stir in eggplant, jalapenos, potatoes, tomatoes, salt, chili powder and turmeric. Cover and cook 30 to 45 minutes, adding water if necessary to maintain a stew-like consistency.
- 2 Sprinkle with cilantro before serving.

* Double spices

* Double salt?

* Coconut milk extra - at the end

Onions

No jalapenos.

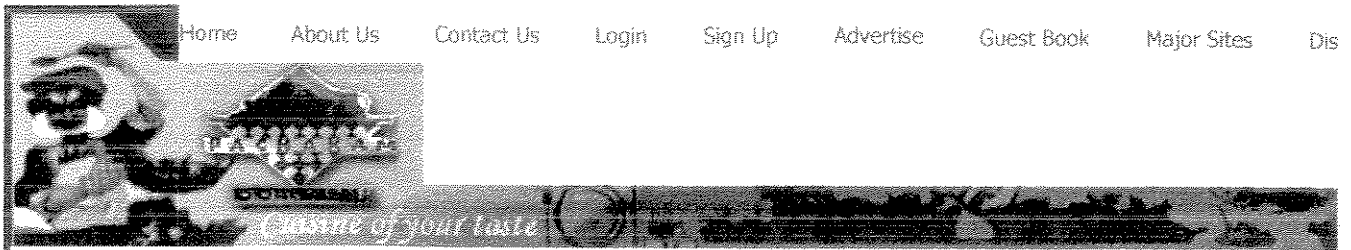
Garlic

Cauliflower

Zucchini

Mushrooms

Pinch of cayenne



Ethnic Regions Vegetarian Non Vegetarian Snacks Beverages Other Submit Recipe Catering

Mushroom and Peas Curry

Description	Do try!	Cuisine Style	North Indian
Recipe by	deepti umesh	Servings	2 Adult(s)
Comments		Rating	★ ★ ★ ★ ★ Rate this Recipe

[Send to Printer](#)

Ingredients

mushrooms -300 gms
 green peas- 150 gms...frozen or fresh
 garlic paste- around 1 tablespoon
 ginger paste- around 1 table spoon
 chopped onion-1 cup
 turmeric pwdr-1 teaspoon
 red chilli pwdr-1 teaspoon
 coriander pwdr- 1 teaspoon
 cinnomom-1 peice
 green cardomom- 3 to 4
 tomato paste-1/2 cup
 tomato chopped- 1/4 cup
 cashew nut paste-1/2 cup(cashews grinded in mixie)
 garam masala pwdr-1 teaspoon
 oil- 2 tblspoon
 salt
 chopped coriander for garnish

Preparation Method

1. clean wash and cut mushrooms in quarters.
2. Heat oil, add cinnomom, cardomom and chopped onion and saute untill golden brown.
3. Add ginger paste, garlic paste. Cook for half a min and then add tomato puree, chopped tomatoes, chilli pwdr, coriander pwdr, turmeric pwdr, garam masala pwdr and salt. Cook till oil leaves the masala.
4. Add cashewnut paste, stir well. Add one cup of water, bring to boil and then add green peas and mushrooms. Add more salt if needed.
5. Cook on low flame for 5 mins.
6. Garnish with coriander leaves.